

Buenos Aires Community Center

May 2009

Volume 4, Issue 4

Special points of interest:

- A tradition Continues
- Recuerdos Inolvidables continues
- Quote of the Month
- Worst Sandwich in America

3rd Annual Easter Picnic

It has become a tradition for the Buenos Aires Community Center and the Larga Vista Community Center to come together and celebrate the Easter Holiday together. It is the third year the



centers come together and enjoy some time away from their respective centers and enjoy some outdoor fun. The weather was great, the company was unforgettable, the music was perfect and the food was delicious. The elderly enjoyed a delicious meal which included barbeque chicken, potato salad and beans. They enjoyed a delicious piece of cake after their meal. The ambience was great as they played loteria and listened to

music. Many fruit baskets and recyclable bags filled with water bottles were raffled. Everyone from both community centers worked very hard to make this picnic a successful event and a wonderful time for the elderly. It is nice to see everyone enjoying themselves, meeting new people and enjoying some much needed time away from their usual routine.



Recuerdos Inolvidables Continues



Of all the different events, presentations and celebrations, Recuerdos Inolvidables has been one of the most memorable and enjoyable

events in the history of the community center. Everyone looks forward to Tuesdays and Thursdays which were the days designated for Recuerdos Inolvidables. Each participant of the community center has been given an opportunity to recall their past, share their stories and photos and relive a moment of their past. Recuerdos Inolvidables will be long remembered here at the Buenos Aires Community Center. Thanks to everyone, especially all the participants for making this a memorable time to remember.

In this issue:

3rd Annual Easter Picnic	1
Recuerdos Inolvidables	1
Healthy Tip	2



Quote of the Month

We are indeed much more than what we eat, but what we eat can nevertheless help us to be much more than what we are.

Adelle Davis

1904-1974

The Worst 6 Sandwiches in America

Worst Breakfast Sandwich:

- Au Bon Pain Sausage, Egg & Cheese on Asiago Bagel
- 810 Calories
- 47g Fat
- 58 g Carbs

Worst Turkey Sandwich

- Atlanta Bread Company Turkey Bacon Rustica
- 960 Calories
- 56g Fat
- 62g Carbs

Worst Steak Sandwich

- Quiznos Prime Rib Cheese steak Sub, Large
- 1,490 Calories
- 92g Fat
- 50g Carbs

Worst Grilled Chicken Sandwich

- Romano's Macaroni Grilled Chicken and Artichoke Sandwich
- 1,260 Calories
- 80g Fat
- 71g Carbs

Worst Fried Chicken Sandwich

- Chili's Cajun Crisper Bites Sandwich
- 1,420 Calories
- 79g Fat
- 124g Carbs

Worst Sandwich in America

- Quiznos Tuna Melt, Large
- 1,760 Calories
- 133g Fat
- 92g Carbs

Source: www.health.yahoo.com

